

What is preconception health and why is it so important?

Preconception health is a woman's health before she becomes pregnant. It's important that all women of all ages make healthy living a priority.

Preconception health is important for every woman, not just those who plan on having a baby. Although most births in the United States are unplanned, preconception health increases the chance of having a healthy baby.

Preconception health can make a difference in birth outcomes, preventing babies from being born prematurely or low birth weight.



**HEALTHY START COALITION OF
ORANGE COUNTY**

Every baby deserves a Healthy Start!

(407) 858-1472

www.HealthyStartOrange.org

**AN
ESSENTIAL
GUIDE TO**

**My Best
Self**

**HEALTHY START COALITION
OF ORANGE COUNTY**



BEST WAY TO PROTECT YOURSELF

- **Protect yourself from unintended pregnancies and sexually transmitted diseases (STDs) to avoid unwanted changes in your life.**
- **If you're sexually active, choose a method of birth control that will fit your lifestyle.**
- **Sexually risky behavior can expose you to STDs, so get routine testing.**

DON'T PASS THE HOOKAH

Did you know...

although the tobacco used in hookahs come in appealing flavors such as chocolate and watermelon, it's still as harmful as smoking cigarettes?

The charcoal used to heat the tobacco can raise health risks by producing high levels of carbon monoxide, metals, and cancer-causing chemicals. Babies born to hookah smokers are also at increased risk for respiratory disease.

PROTECT YOUR PEACE

Managing day-to-day stress is key to staying healthy.

Healthy Start tip:

Help minimize stress by spending your time doing things that you enjoy.



INCLUDE HEALTHY NUTRIENTS IN YOUR DIET

To be the best version of yourself you must eat nutrients that will support the health of your body and provide you with energy. Foods that will help get your body **baby ready** are foods high in **folic acid** and **beta-carotene (Vitamin A?)**: leafy green vegetables and whole grains, such as breads, pasta and oatmeal, apricots, papaya, mangoes and carrots. **Folic acid** is a highly important nutrient that prevents neural tube birth defects. **Vitamin A** is critical for preventing fetal developmental disorders.

It's recommended that all women of childbearing age take a vitamin containing 400 mcg of folic acid.

GET IT GIRL! BE ACTIVE!

Life can be busy for all of us, however, our body only requires 30 minute workouts, three times a week to stay healthy!

Healthy Start tip: You can break down the 30 minutes into 10 minute increments throughout your day to make exercising more manageable.

Here's an example of a 10 minute exercise routine:

50 jumping jacks

15 squats

15 lunges

15 push ups